

VOLUME 54 NUMBER 43

OCTOBER 26, 2013

# THE KWANA'ĪN HOURGLASS



Sean Hepler flees from Emily Ryon during the 2013 Shaving Cream Social. For more, see page 3.

*Photo by Jordan Vinson*



**Doreen and Jimmy Matsunaga lived on Kwajalein for 45 years. They PCS'd to Hawaii in January 2012.**

## *In Memoriam*

Doreen Matsunaga, 45-year resident of Kwajalein, passed away Oct. 12 after a brief battle with ovarian cancer.

Doreen's daughter, Serena, said in her mother's final days, "She expressed a tremendous amount of gratitude for what she called a 'good life.' Many of you may remember her as a generous and loving person – combined with a quick wit and hilarious stories. Not a day went by in our house without buckling over from laughter. From our Ohana in Hawaii to our extended family on Kwaj, she was truly appreciative of all the special people in her life."

A memorial service will be held for Doreen at 2 p.m., Nov. 17, at Hosoi Garden Mortuary in Honolulu, followed by a burial tentatively scheduled for Dec. 14 at Pa'ia Hawaiian Protestant Church in Maui.

## **MARSHALLESE TRADE FAIR**

**9 a.m. to 2 p.m., Nov. 4, High School MP Room**



**Handicrafts & Fruit (MP Room), Fresh Fish (parking lot at CRC)**

## **Thumbs Up!**



... to Naomi Lavin-Michael from KRS HR, who recently completed the 8-week Public Speaking Training Program.

... to Michael Lisle from the KRS Motor Pool, who recently completed his bachelor's degree; all courses were completed on-island.

... to all the community spectators who came out to cheer on all the soccer games. Your support was much appreciated!

## *THE KWAJALEIN HOURGLASS*

The Kwajalein Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

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# Annual Shaving Cream Social a messy success

Article and photos by Jordan Vinson  
Associate Editor

On Oct. 19 Kwajalein christened this year's Halloween festivities with the 2013 Shaving Cream Social, a quirky, longstanding ritual among the children and parents that call this island home.

"It's just a really fun, unique Kwaj event that kicks off the ... Halloween spirit for all the kids on the island," Mandie Morris, recreation and programs manager said. "It puts everybody in the mood."

Organized by Morris, Kaylee West and other staff within Kwajalein Range Services Community Activities department, the Shaving Cream Social brought out dozens of children and parents together under overcast skies to take part in this year's social.

Corralled together until given the green light in front of a large tent set up for the event, kids dashed one-by-one past tables laden with more than 100 cans of Noxema shaving cream, grabbing their ammunition as they went bursting out into the water. Goggles on and fingers on their triggers, they readied themselves for the clash to come.

For the next 20 minutes, they sprayed dollops of shaving cream into their hands and chased down one another, smearing each other and falling into the water, laughing with excitement.

It was a messy battle that spared no one—not even the lifeguards.

Will and Paulette Galbraith, who are relatively new to the island, were on hand to witness the social

for the first time. Their daughters, Bronwyn and Keira, participated in the third through sixth grade and the preschool through second grade divisions, respectively.

"It looks like they're having a blast," Will yelled under the concussive rock classics of AC/DC and *Black Sabbath* ripping out of the PA system that overlooked Richardson Ravine.

"Yeah, [Community Activities] is doing a great job," Paulette, the chief medical officer at Kwajalein Hospital, added.

The Galbraiths were among a throng of parents armed with an array of point-and-shoot cameras and expensive DSLRs who couldn't miss an opportunity as priceless as the social to get photos of their children.

Cameras in hand, the parents of the youngest children escorted their four- and five-year-olds into the water and showed them how to use the shaving cream cans. In some cases, parents simply covered their sons and daughters themselves, laughing and snapping photos. Shaving cream beards and hairdos were certainly in style.

The older kids, however, needed no such guidance. They were veritable pros in the art of shaving cream combat, and the parents stood back behind the temporary fence outlining the battle zone to watch from a safe distance during their turns in the ravine.

The Shaving Cream Social was organized in the 1960s so as to provide children one day a year in which they could engage in Halloween shenanigans, but in a safe



Ember Miller gets doused with shaving cream.



Shaving cream brings out lots of smiles from Morgan Walker.

and controlled environment, Morris said.

And after so many years, the Shaving Cream Social has become one of the oldest running tradition on Kwajalein.

And certainly one of the most unique.



The kids give chase during one of many pursuits in this year's social.



Dozens of children across the island participate in the annual Shaving Cream Social.

# NASA awards Stephanie Los-Trimble plaque for performance during EVEX/MOSC mission

Article and photo by Jordan Vinson  
Associate Editor

**S**tephanie Los-Trimble, U.S. Army Garrison-Kwajalein Atoll general engineer, received an official award from NASA last week in recognition for her work during the EVEX/MOSC sounding missions that took place last April and May. She acted as the range control officer for the mission. Lt. Col. Dean Wiley, Reagan Test Site director, was on hand to deliver the plaque to Los-Trimble Oct. 18 on behalf of John Hickam, operations manager of the NASA Sounding Rocket Program.

"It's very difficult for me to read this [plaque] and say, 'Wow, that's me,'" Los-Trimble said grinning after receiving the award.

She said it was a crowning moment in her professional career to take the reigns as range control officer/program lead during the research missions. But it was an even greater honor to be individually recognized by NASA Sounding Rocket Program management as one of the best project managers they had ever worked with.

As range control officer for the sounding rocket mission, Los-Trimble, who has a bachelor's and a master's in aeronautical engineering, served as the lead liaison mediating between the NASA project leadership and USAG-KA and Kwajalein Range Services. It was a high-profile post with a litany of responsibilities that took her managerial capacity to a whole new level.

Because of the complexities involved in temporarily setting up shop for rocket launches so far from the mainland United States, NASA needed a go-between like Los-Trimble on Kwajalein Atoll to help streamline the many responsibilities required by the project.

"Whatever requirements, whether they're technical, whether logistical—whatever they need—gets filtered through me," Los-Trimble said. "I help ensure through the contract with KRS that it happens."

She said the many hats she found herself wearing during the mission not only put a lot of responsibility on her shoulders, but also kept her on her toes, ready to tackle any issue that arose—and at a moment's notice.

"Anything that can happen out here, I need to deal with," she said. "From travel to logistics, to technical radar support—everything. Even playing 'Tommy Tour Guide' when people arrive."

Wiley, who delivered the award to Los-Trimble, touted her as a jack-of-all trades—and a master of all—who excelled on everything from costs, budgeting and scheduling, to logistics, transportation, data management and more.

"She performed all of those things wonderfully," he said. "We wanted to make sure she received this [plaque] and let everyone know here on Kwajalein that the mission wouldn't have gone off as easily if it

wasn't for her efforts. So we applaud her."

"Not true, but thank you," Los-Trimble echoed, laughing.

Indeed, while Los-Trimble's management was certainly integral to the success of the mission, she humbly reminded Wiley that it would have all been a different

story were it not for all the hard work put in by KRS and USAG-KA personnel along the way.

"It was a good mission, because we had such great contractor support," she said. "None of this could happen without [KRS] contractor support. There were things that needed to be done yesterday, and KRS came through with it. So, you can't ask for a better team."

The NASA sounding rocket missions were conducted last April and May in an effort to better understand the behaviors and patterns of the ionosphere, more specifically electrical storms and an anomaly scientists call the "spread f layer," both of which disrupt communications between satellites in orbit and civilian and military systems on the ground.

"The better we understand this, the better we can prepare and design our equipment to help with these anomalies," Los-Trimble said.

The effort comprised two missions, one called EVEX, for the Equatorial Vortex Experiment, and the other called MOSC, for the Metal Oxide Space Cloud experiment. Each experiment boasted two rocket launches, all of which released a stream of colorful lithium in the ionosphere that scientists observed, recorded and triangulated from different locations around the atoll.

Nearly 70 NASA researchers and engineers came to Kwajalein Atoll to prepare for two separate launches. It was Los-Trimble and the support of contracting teams who helped make it happen.

While this was only the third campaign conducted by the NASA's Sounding Rocket Program office in the past 23 years, it certainly won't be the agency's last.

"They were so thrilled with the data that they collected here ... that they are anxious to come back as soon as possible," Los-Trimble said.

USAG-KA and KRS expect the sounding rocket operations to come back for another round of experiments some time in 2015 or 2016.

When they do, Los-Trimble will be ready.



**Stephanie Los-Trimble receives a plaque from Lt. Col. Dean Wiley on behalf of NASA for her performance during the EVEX/MOSC missions in April and May 2013.**

# Seniors paint the streets

Article and photos by Molly Premo  
Media Services Intern

The yearly senior street paintings took place on Monday, beginning at 3 p.m. and continuing well into the night. It is a senior privilege that Kwajalein Jr./Sr. High School students look forward to, an opportunity in which they are allowed to paint their names on the street in front of the school.

The students could simply paint their names in a creative fashion, or they could include elaborate details that more deeply reflect their personalities. Some of the more complex designs, such as Leightyn Cossey's, took over three hours to complete. It included some of her favorite foods and drinks, like Dr. Pepper, Sweet Tarts and a Hershey's Kiss, incorporating many different and layers and details, which took time to dry and apply. She included her

first and last name, the year 2014 and the year in which she was born.

Each student took a different approach to constructing his or her designs. For instance, while Stephanie Hibberts made a single stencil for her entire street painting, Shenandoah Wrobel chose to free hand hers completely.

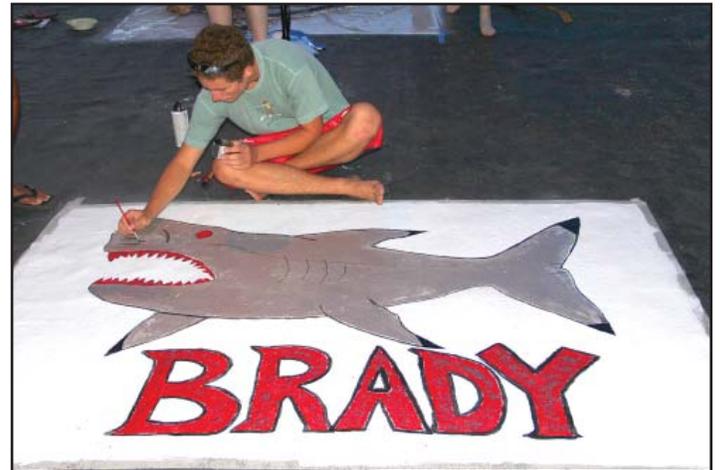
While the seniors meticulously worked on their paintings, event organizers played music to keep the mood light and create an enjoyable atmosphere.

"I was surprised at how much fun it turned out to be," Jennifer Hibberts said. "And the best part was removing the stencils after the paint dried to reveal the final product!"

The seniors were grateful to both their parents and their advisors, Barbara Bicanich and Jamie Bowers, for helping them make the event a success.



The Marshall Islands is where Rosalynn Ysawa's heart is.



Keith Brady's legacy after graduation will be this large shark.



Jennifer Hibbert poses for the camera after finishing her painting.



Dan Murillo and his parents work out the details on this deep water dweller painting.

# Zombies terrorize local runners

*KSA kick-off event offers fun obstacle course to Kwaj community*

Article and photos by Molly Premo  
Media Services Intern

Kwajalein Sports Association held their kick-off event for the year on Oct. 19, Kwajalein's first Zombie Apocalypse Run, which involved more than 180 participants, including more than 60 volunteer zombies.

Runners met at the bowling alley to start their journey, where they learned the rules and course layout, and received three flags symbolizing their "lives." The objective was simple enough; If a person made it through the entire course with at least one flag still intact, they had survived the apocalypse. The zombies' mission was to grab the runners' flags as a way of "infecting" their victims.

Volunteers used vans to transport groups of around 15 runners to the beginning of the course. The first obstacle they came across was a truck graveyard with various cars parked all over the high school field. Zombies used these trucks to their advantage and hid behind them to surprise unprepared runners. After making it through this, the runners were guided to a dark path in between houses which was crawling with zombies. Many other obstacles were dispersed throughout the course, including a slip and slide and an Army crawl.

Mereille Bishop, high school junior, signed up to run and recalled that her favorite part of the course was the MP Room. The room was completely dark except for a strobe light, which made it challenging for runners to finish the obstacle. Participants also had to look out for inflated objects and a clown that tried to grab their flags. Stephanie Hibberts, a zombie, said her favorite part of the event was catching the runners



Runner Jennifer Hibberts flees over an obstacle from zombie Dori deBrum during the KSA Zombie Apocalypse Run Oct. 19.

off guard and taking their flags.

After finishing the trail, food and beverages were available at the Richardson Theater, where DJ Dyvurse and *Southern Karma* provided entertainment.

The planning for this event had been ongoing since August. KSA school representatives Colleen Furgeson, Danielle Rivera and Caleigh Yurovchak were the main planners of this big event.

Dori deBrum said it was "an amazingly fun event and a great start to the Halloween season."



A group of zombified KHS seniors get into the spirit at the KSA Zombie Apocalypse Run Oct. 19.

# Scouts make contact with radio operators across the world during this year's Jamboree on the Air

Articles and photos by Jordan Vinson  
Associate Editor

The Kwajalein Amateur Radio Club hosted the island's Boy Scout Troop 314 and Cub Scout Troop 135 Sunday for this year's Jamboree on the Air, an annual Scouting event that centers on the use of amateur radio communications to contact other Scout troops around the world.

Safe from the rain showers pouring down outside Sunday, Kwajalein's amateur radio enthusiasts invited a dozen or so Cub Scouts and Boy Scouts into their ham shack off Ocean Road to man their equipment and learn about the fundamentals of radio communications.

"I believe you have a ... Scout named Sam," said the voice of a ham radio operator in N.Y. named Rick amid a cacophony of beeping electronics and noisy static discharge inside the shack. Rob Cooper, a club member who volunteered for the event, had made a connection with the man and was relaying information back and forth.

"Good afternoon to you, Sam," the New Yorker said. "I hope you're doing good over there having some fun playing with the radios."

"Thanks, Rick. You got it," Cooper replied. "Sam is right here with me. And this is Troop 135. It's a local troop, local here on Kwajalein Atoll. Thanks again. Best 73s—from the Marshall Islands."

While some Scouts were glued to the ham radio desk, others were more interested in getting their hands on the ham shack's digital, text-based radio desk. It's a piece of equipment that converts and interprets typed digital text into analog radio waves that are sent into the air to bounce off the atmosphere and the oceans until picked up by someone's radio receiver in a distant land.

Rob Taylor, a civilian contractor who works in telemetry with U.S. Army Garrison-Kwajalein Atoll, was on hand to demonstrate how he communicated with other operators.



Morgan Dethlefsen helps friends assemble a radio kit.

"You say, 'Hello, hello. Does anybody hear me?'" Taylor explained to a young Scout, pointing out how a band of white points of light within a window on his computer monitor represented the radio wave sent out from his machine.

He and the Scout were able to successfully pick up a radio operator's signal. But the ham shack's equipment was, unfortunately, not strong enough to reach out to him.

"Looks like he's too far away," Taylor said. "We can hear him, but he can't hear us."

While neither Scouting troops made successful contact with another troop outside Kwajalein this time, the jamboree was far from a failure.

Scouts spoke, for instance, with several solo amateur radio operators, such as Rick in N.Y. while other confirmed connections came from Australia and New Zealand.

With each contact made—each radio operator's cracking, fuzzy voice confirming his or her call sign on the small speakers on the radio desk—the jamboree helped instill within the Scouts more and more understanding of the underlying concepts of radio communications and technology in general.

Brandon McAfee, a contractor who works in satellite communications, said this is what the event was really designed to do: to help the kids learn. He spent the afternoon helping Scouts build plastic, snap-together radio kits with simplified DC circuitry, a process that helped them grasp the more logical, technical side of how radios function. With his help, the Scouts went



Scouts tune into Kwaj's FM antenna and listen to music.

on to build FM radios capable of tuning into Kwajalein's FM tower to pick up music.

"It gives you the experience to understand the workings of [radio communications]," McAfee said, adding that it's important for kids to get involved with technology in their early years.

"They may go on to build the next widget that saves the world," he added. "Who knows."

But in the meantime, kids will be kids. Holding their radio kits to their ears, the Scouts ate banana bread and danced to U2's "New Year's Day" playing on one of their radio kit's little speakers.



Rob Taylor gives Evan Mitchell a demonstration of the amateur radio club's digital, text-based radio desk.



# KWAJALEIN ARES CORNER

**By Lynx McClellan**  
Registered Nurse, Kwajalein Hospital

**W**hat's in your medicine cabinet? If you have medicines you no longer need or are expired, it is time to clean out your medicine cabinet. Children, visitors and even you are susceptible to costly and potentially dangerous mistakes with combined use, overuse or misuse of medications. Take the time to clean out your medicine cabinet on a routine basis – a monthly check is a good choice.

While most drugs can be thrown in the household garbage, there are certain precautions required before trashing medications. The U.S. Food and Drug Administration and the White House Office of National Drug Control Policy offer these guidelines:

- Take old, expired or unused medications to the local Drug Take Back Program at the upcoming Health Fair on Nov. 5, at the CRC.

- When there is not a Drug Take Back Program, follow any and all specific disposal instructions on the drug label. Do not flush prescriptions down the toilet unless this is the specific instruction on the label.

- If no disposal instructions are given on the label, take the medications out of the original packaging and immediately mix them with an undesirable substance such as used cat litter or coffee grounds. Seal in a bag or container to prevent leakage and throw into the trash.

In addition to safe medication disposal, consider protecting your own private health-related information with these strategies:

- Create a medication log by removing the adhesive label with the medication name and place it on a blank piece of typing paper; you can also list the side effects, reason for the prescription and any other notes on the label. This also makes for an excellent way to track prescriptions over time. You can also scan these pages into a "medication file" on your computer for future reference.

- Before throwing out a medicine container, scratch out all identifying information on the label.

- Do not give your prescription medications to family members or friends.

- Ask a licensed doctor, nurse or pharmacist if you have questions or concerns about any of your medications. For more information, call the Kwajalein Hospital at 52223 or visit [www.fda.gov/ForConsumers](http://www.fda.gov/ForConsumers).

## Ri'katak student program celebrates 26 years

### Hourglass Reports

The Ri'katak student program at Kwajalein Schools is an opportunity for our Marshallese neighbors to further their education. The program began in 1987. Several Ri'katak students that graduated from Kwajalein Jr./Sr. High School recently have gone on to accomplish many great things, from working as mechanical engineers or attending and graduating from U.S. military academies. Yet, while Kwajalein Schools provides the Ri'katak students with an education, they still need help from the community to make it through school each day.

The Ri'katak Lunch Program is an ongoing initiative to provide Marshallese students lunch during the school day. It is in place, because the students do not have the opportunity to return home for lunch as the island resident students do. The lunch program requests voluntary donations each year from the community so that each student may have a nutritious lunch each day. Individuals, companies and different organizations may voluntarily contribute to the program.

The box lunches include deli sandwiches, baked chicken and rice, fruit, vegetables, water and cookies. All of the lunches are prepared by Captain Louis S. Zamperini Dining Facility and are delivered to the schools. At a daily cost of \$3.25 per student and based on a 180-day school year, the total cost per student for the entire academic year is \$586. There are more than 50 Ri'katak students enrolled at Kwajalein Schools for this upcoming year. The program welcomes voluntary donations in any amount up to and including a full year's worth of lunches. Anyone wishing to support this cause or has questions may email Janette Bishop at [juanita.a.bishop.ctr@mail.mil](mailto:juanita.a.bishop.ctr@mail.mil) or Kimm Breen at [kimberly.r.breen.ctr@mail.mil](mailto:kimberly.r.breen.ctr@mail.mil).



# View from Kwaj

We need your submissions to keep this page full! Email to: [usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil](mailto:usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil)



From Jane Erekson



From Molly Premo



From Molly Premo



From Jordan Vinson



From Bruce Premo



From Molly Premo



From Jordan Vinson

## HELP WANTED

KRS AND CMSI job listings for on-island positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job listings for contract positions will be available at [www.krsjv.com](http://www.krsjv.com), on the bulletin board by the Continental Travel Office and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for contract openings are located online at [www.krsjv.com](http://www.krsjv.com).

KAY AND ASSOCIATES, Tool and Parts Attendant. Part-time, on-island, local hire. For full job description and to submit application, visit [www.kayinc.com](http://www.kayinc.com).

## LOST

OCEANIC SCUBA FIN, black and blue, one found yet one remains lost, Oct. 15 at Emon Beach. Finder's reward! Call 54361 if found.

## WANTED

LOOKING TO BORROW Lonely Planet Guidebook to "Diving and Snorkeling Chuuk Lagoon, Pohnpei, and Kosrae" for a couple days before we go to Pohnpei. Call 53490.

## FOR SALE

INTOVA DIGITAL CAMERA, 14 megapixel, waterproof housing, only used twice, comes with SD card, \$200; HP Pavilion 20 all-in-one PC, 7 months old, works perfectly, \$350. Call 52579 if interested and leave a message.

DISH SET, Pier 1 hand-painted Earthenware, 11

dinner plates, 11 bowls, 8 salad plates, 6 large mugs, \$40. Call Janis at 52319.

KIDS HALLOWEEN COSTUMES: size 8-10, white satin princess/fairy dress, fiber optic lights in skirt, \$10; size 8-10 Hollywood starlet hot pink evening gown and white fur wrap, \$10; size 6-8 bad spirit cheerleader, black and white skirt and top, striped cut-off gloves and socks, pom poms, \$10; size 10-12 white angel dress, \$3; size 8-10 bulging muscles shirt, padded and skin-colored, \$8. Call Carla or Darin at 52642.

1987 BENETEAU 432 "KAILUANA," length 43, beam 14, draft 5'10", new 2010 Yanmar 4JH5E, 53HP diesel, 65 gallon fuel tank, three bedroom, two heads, full galley with four burner stove and large fridge, major refit November 2009 to April 2011, beautiful, in the water, ready to sail, \$85,000. Contact Mike at 54203 or 51940.

DIGITAL CAMERA, Polaroid, 10 megapixel, touch-screen, charger, \$40; Nintendo DSI, charger \$80; small kid's backpack, camouflage pattern, \$10; men's rollerblades, size 9, \$10; 3-ring binders, used, in good condition, \$1 each; stuffed animals, \$1 each; book socks, free. Call 50165 or come to Dome 165.

CANON DS10, \$100; Canon G11, \$150; camera accessories, make offer; tablet, \$100; Ideos Slim 7 tablet, \$150; kiteboard set with full gear, two handles, \$1,000 or best offer; Verizon Escapade flip phone, one year old with chargers for home and car, \$50; dehumidifier, \$100; all-in-one printer, \$100; Company Store down twin comforter, \$20; three Cisco switches, \$50 each; router, \$20; Army ACUs, \$20 each top or bottom; several women's size 8-9 shoes. Call Crystal at 51469.

ACER COMPUTER MONITOR, 22-inch, nearly new, great video, \$50. Call 51157.

## ROI HAPPENINGS

LIVE COMEDY SHOW, courtesy of the Quality of Life fund, will be at 7 p.m., Friday, at the Outrigger. Adults only.

CONTESTANTS NEEDED for the Roi-Namur Rib and Brew Festival, Veteran's Day weekend, Nov. 10. We are looking for rib cooks and homebrewers to join in on the fun. Prizes will be awarded for the best tasting ribs and people's choice brew. Games, tie dye and music will be provided throughout the afternoon and evening. Local band, *Smells Like Fish*, will perform. Register with Laura Pasquarella-Swain at [Laura.a.pasquarella-swain.ctr@mail.mil](mailto:Laura.a.pasquarella-swain.ctr@mail.mil).

## COMMUNITY NOTICES

FLU VACCINES are now available at the hospital on Tuesday, Wednesday, Thursday and Saturday afternoons from 1:30-4 p.m. No appointment necessary.

KWAJALEIN YACHT CLUB will hold its October meeting tonight at the Yacht Club. Happy hour at 5:30 p.m., meeting at 6:30 p.m., dinner at 7 p.m. Entree will be provided, bring a side dish to

# THANK YOU

Kwajalein Sports Association would like to thank the following people, departments and clubs for their help to make the KSA Zombie Obstacle Course and Apocalypse Party so successful:

Kwajalein Police Department, Missile Defense Agency, San Juan Construction, CYSS, Tommy Davis, Patrick Ward, Al Robinson, David Seelye, Mike Lundberg, Kwajalein Tennis Club, Tennille DeMello, Kwajalein Swim Team, Kwajalein Fire Department, Kwajalein Scuba Club, USAKA personnel, Bob Sholar, volunteers who organized check-in, James Corder, Furgesons, Bradys, KRS Community Services, *South-ern Karma* and DJ Dyvurse. KSA would also like to thank the volunteer make-up artists, zombies and participants for coming out and making the night so special!

share. Questions? Contact Ed at [commodore@kwajachtclub.com](mailto:commodore@kwajachtclub.com).

CREEPY CARN-EVIL IS AT 7 p.m., tonight, at the Country Club. Live music, DJ, drinks and "creepy" festivities await. Shuttle available from the Ocean View Club and Surfway. Call Community Activities at 53331 for more information.

JOIN US FOR KWAJALEIN'S annual Costume Carnival hosted by the Namo Weto Youth Center's Keystone and Torch Clubs from 3-7 p.m., Sunday, at the Youth Center. All ages welcome. Events will include a haunted house, crafts and games! Questions, contact the Youth Center at 53796.

JOIN US AT 7 p.m., Sunday, as the Vet's Hall hosts its annual Halloween Bash! With a special performance by *Radar Love*, costume contest, a "Tricks and Treats" bake sale, horror movie marathon, specialty drinks and other activities.

PUTT PUTT GOLF IS FROM noon-2 p.m., Monday, at Holmberg Fairways. Join us for a Halloween-themed game, costume prizes for boys and girls, cotton candy and Halloween candy. Questions? Call Tony at 53768.

ROCK HOPPER ADVENTURE Trail Run will be on Nov. 11, in Kosrae. For more information, visit the Travel Fair from 8 a.m. to 5 p.m., today and Monday, outside the United Airlines Ticket Office.

INDOOR VOLLEYBALL Learn to Play will be from 5-6 p.m., Wednesday, at the CRC gym. Come out and learn basic skills and the rules of the game. This is a great opportunity for new players to find a team to play on! Questions, call Kaylee or Mandie at 51275.

OPEN REC: Halloween Dress Up Party, is from 6-8

## Religious Services

### Catholic

5:30 p.m., Saturday, Small Chapel

9:15 a.m., Sunday, Island Memorial Chapel

Roi-Namur service, 7 p.m., Second and Fourth

Friday of each month. Appointments with Fr. Vic available after dinner.

### Protestant

8 a.m., Sunday, Island Memorial Chapel

9:15 a.m., Sunday School

11 a.m., Sunday, Island Memorial Chapel

7 p.m., First and third Friday, Roi Chapel

### Latter-day Saints

10 a.m., Sunday, CRC Room 3

Contact the chaplain's office at 53505 for more information.

## Captain Louis S. Zamperini Dining Facility

### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 2
Hoisin Pork Loin	Beef Tips Burgundy	Vegetarian Quesadillas	Grilled Cheese	Cajun Chicken Breast	Giribaldi Sub	Tropical Pork Chops
Soyu Chicken	Chicken Cordon Bleu	Kwaj Fried Chicken	Kung Pao Chicken	Beef Carnitas	Barbecue Roast Beef	Pizza
Fried Rice	Eggs Florentine	Hawaiian Chopped Steak	Corned Beef	Rice Jambalaya	Alaskan Pollock	Chili Mac

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 2
Barbecue Chicken	Chicken Fried Steak	Pasta	Grilled Top Sirloin	Grilled Ham Steaks	Teriyaki Chicken	Braised Short Ribs
Macaroni and Cheese	Parslied Potatoes	Garlic Bread	Pesto Chicken	Chicken Adobo	Beef Stir-fry	Chicken Nuggets
Beef Stew	Beans in Broth	Vegetarian Stir-fry	Twice-baked Potatoes	Scalloped Potatoes	Crab Egg Foo Yung	Mixed Vegetables

p.m., Wednesday, in the SAS classroom. Register at 52158.

THE OPTOMETRIST, Dr. Chris Yamamoto, will see patients on island through Thursday. Call the hospital for an eye exam appointment at 52223 or 52224 or ES&H at 58855 for prescription safety glasses.

AMERICAN EATERY will close at 6 p.m., Wednesday. The Exchange Shoppette and Food Court will close at 6 p.m., Thursday.

REGISTRATION FOR THE Kwajalein Science Fair ends on Thursday. The fair will take place in the MP room on Feb. 26. If your child is interested in entering the fair, more information is available in the high school or elementary office. Cash prizes will be given to top science projects in the categories of research, problem-solving/engineer, and informative projects. Entrants are by age, with K-5, 6-8 and 9-12 grade students competing against each other.

KWAJALEIN OUTRIGGER Canoe Club meets weekly at 10 a.m., Mondays, and 5 p.m., Fridays. Are you interested in a different and healthy workout? The KOCC welcomes anyone interested in learning how to paddle outrigger canoes. Questions? Contact Gus at 51897.

THE EMPLOYEE ASSISTANCE Program presents "Decide for Yourself- Advance Health Care Directives." Dr. Paulette Galbraith will present this program and you will have the opportunity to designate a durable power of attorney for your healthcare decisions. Join us at 11:30 a.m., Friday, or at 11:30 a.m., Nov. 15, at the clinic waiting room. Questions, call EAP at 55362.

SMALL BOAT MARINA will operate winter hours starting Friday. Hours will be: 12:45-6 p.m., Friday; 7:30 a.m.-6 p.m., Saturday, Sunday, Monday and holidays.

CHRISTIAN WOMEN'S Fellowship luncheon will be held at noon, Nov. 3, in the Religious Education Building. No charge for a delicious lunch! Enjoy the fellowship of island women and make new friends! Especially, come to hear Dr. Paulette Galbraith share her experiences living and practicing medicine on Belize: "Kwaj and Belize...What is the Difference?" Contact Judy at 51157 with any questions.

LIVE COMEDY SHOWS, courtesy of the Quality of Life fund, will be at 7 p.m., Nov. 2, at CRC Room 6, mature family show; and at 8:30 p.m., Nov. 3, at the Vet's Hall, adults only. Call CA at 53331 for more information.

THE HOLIDAY ARTS & CRAFTS Fair will be from 9 a.m. to 2 p.m., Nov. 4, at the CRC Gym. Stop by for over 50 tables of arts, crafts, gifts and goodies from local artists and vendors. Sponsored by the Kwajalein Art Guild.

HEALTH AND WELLNESS FAIR is 5:30-7:30 p.m., Nov. 5, at the CRC Gym. Booths presented by Recreation and Programs, Aetna and FCE Benefits, Kwaj Hospital and Medical Services, Employee As-

sistance Program, Fire Prevention, KPD, Kwajalein Running Club, Kwajalein Swim Team, Kwajalein Golf Association, Outrigger Canoe Club, Kwajalein Scuba Club. Fair includes Aetna Representatives and Open Enrollment assistance; free body fat, BMI, blood pressure screenings; fire prevention with Sparky the Fire Dog; wellness activity and program information; EAP information; KPD with bike safety; flu shots and health screenings; and fitness demonstrations. For information and questions, Call Mandie at 51275.

WEIGHT MANAGEMENT group will meet from 4:45-5:30 p.m., Nov. 7, in the hospital conference room. Topic is "Set Yourself up for Success." Questions, call EAP at 55362.

MANDATORY OPEN ENROLLMENT deadline for all KRS, Chugach and Berry Aviation employees is Nov. 16. Enroll or make changes to your health and welfare benefits online at [www.fcebenefits.com](http://www.fcebenefits.com). Meet with the Aetna and FCE Benefits representatives on the following dates and times: 5:30-7:30 p.m., Nov. 5, CRC Gym during the Health Fair; 10:30 a.m., Nov. 6, at the TRADEX Building on Roi; 5 p.m., Nov. 6, at the elementary Coconut Room; and 9 a.m., Nov. 7, at the REB. For questions, call Chris Hadley at 50939.

PROPERTY MANAGEMENT'S Equipment Custodian Training Class is from 9-11 a.m., Nov. 9, in the Religious Education Building. This training is required for all property custodians and available for supervisors/managers. Other personnel may attend, space permitting. Training will cover general aspects of government property management, use of forms and responsibilities of property custodians. To register, call the KRS Property Management office, Deb Crawford 56212 and La'Mesha at 53412.

NEEDLEWORK GROUP! Come join a group of us that love to do cross-stitch, embroidery, tapestry, quilting, knitting, and crafting in general! We will meet monthly, share our work and learn new techniques. Contact Sheralyn Zeto at [sheralynzeto@yahoo.com](mailto:sheralynzeto@yahoo.com) or at 51044. First meeting is Nov. 9.

COMMUNITY ACTIVITIES is now accepting equipment rental reservations for 2014. If you have a party planned, a club event or some other special celebration, come by CA to make your reservation. Payment is required prior to reservations being confirmed. There are limited tents, tables, chairs and grills available, so plan and reserve early! Note: If there is a small craft advisory or winds above 20 knots, tent rentals are subject to cancellation.

LIGHTING: An easy way to save energy is to cut down on unnecessary lighting. You can turn off all lights not in use, use bulbs of lower wattage, use natural sunlight when possible, keep bulbs and fixtures clean, focus light on your task, and use fluorescent lights wherever possible.

SIMPLE STEPS to a Healthier Life is an online wellness program that can help you learn about ways to improve your overall health or simply fine-tune your daily habits. Use it to take a secure online health as-

## Military Casualties

**Spc. Angel L. Lopez**, 27, of Parma, Ohio, died Oct. 5, in Zabul province, Afghanistan, of wounds suffered when enemy forces attacked his unit with small arms fire. He was assigned to the 201st Brigade Support Battalion, 3rd Infantry Brigade Combat Team, 1st Infantry Division, Fort Knox, Ky.

**Staff Sgt. Patrick H. Quinn**, 26, of Quarryville, Pa., died Oct. 13, in Paktika Province, Afghanistan, of injuries sustained when the enemy attacked his base with small arms fire. He was assigned to 3rd Battalion, 10th Special Forces Group, Fort Carson, Colo.

**Sgt. Lyle D. Turnbull**, 31, of Norfolk, Va., died Oct. 18, in Camp Arifjan, Kuwait, from a medical emergency. He was assigned to the 62nd Expeditionary Signal Battalion, 11th Signal Brigade, Fort Hood, Texas.

**Lance Cpl. Christopher O. Grant**, 20, of Richwood, La., died Oct. 20, while conducting combat operations in Helmand Province, Afghanistan. He was assigned to 1st Battalion, 9th Marines, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

assessment, understand your potential risks for a variety of conditions and focus your efforts with online coaching session. Simple Steps is secure, so your information is protected. Get started today by going to [www.aetna.com](http://www.aetna.com). Log on with your Aetna Navigator® user name and password. For questions, contact Mandie Morris at 51275 or Chris Hadley at 50939.

E-TALK: KRS Environmental performs monthly sampling of cooling water discharges to the ocean. If you have concerns, call KRS Environmental at 51134.

SAFELY SPEAKING: 5S is a workplace organization method. Shine: Clean the workspace and all equipment, and keep it clean, tidy and organized. Standardize: Creating a consistent approach for carrying out tasks and procedures.

## Café Roi

### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 2
Smoked Sausage	Garlic Roast Beef	Spaghetti	Grilled Cheese	BLT	Fried Fish	Chicken Fajita
Baked Chicken	Chicken with Bacon	Garlic Bread	Cajun Roast Beef	London Broil	Grilled Chicken Thighs	Stuffed Peppers
Eggs Florentine	Egg Muffins	Vegetable Quiche	Egg Foo Yung	Mac and Cheese	Corn Bread	Cous Cous

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 2
Chicken Schnitzel	Sweet/Sour Chicken	Salisbury Steak	Sirloin Steak	Roi Fried Chicken	Night in Paris	Chicken/Mushrooms
Beef Stew	Spare Ribs	Herb Roast Turkey	Chicken Cordon Blue	Meatloaf	Boeuf Bourguignon	Marinated Tri-Tip
Noodle Romanoff	Fried Rice	Mashed Potatoes	Baked Potatoes	Collard Greens	Poisson Provencale	Roasted Potatoes



# SOCCKER RESULTS

## MEN'S LEAGUE

### WEDNESDAY, OCT. 16 (PLAYOFF GAME)

#### JUICE VS. LOCALS — 5 - 2

Juice: Joshua Cole - 1, Peter Goodick - 2, John Sova -1,  
James Young -1

Locals: Steve Alvarado - 1, Todd Outlaw -1

### FRIDAY, OCT. 18 (PLAYOFF GAME)

#### FC SWOLLEN VS. SPARTANS — 5 - 1

FC Swollen: Kenny Leines - 1, David English - 2, Alex Coleman - 2  
Spartans: Keith Brady - 1

### WEDNESDAY, OCT. 23 (CHAMP GAME)

#### FC SWOLLEN VS. JUICE — 4 - 2

FC Swollen: Kenny Leines - 2, Alex Coleman -1, David English -1  
Juice: James Young - 1, Jay Monnot - 1

## WOMEN'S/COED LEAGUE

### WEDNESDAY, OCT. 16

#### SPARTANS I VS. SPARTANS COED II — 7 - 2

Spartans I: Leightyn Cossey - 2, Annie Hepler - 2, Colleen Furgeson -1  
Caleigh Yurovchak - 2

Coed II: Kaikane Busquets - 2

### THURSDAY, OCT. 17

#### SPARTANS I VS. SPARTANS COED I — 5 - 2

Spartans I: Annie Hepler - 4, Caleigh Yurovchak - 1

Coed I: Dash Alfred - 2

#### K.A.T. VS. SPARTANS COED II — 4 - 1

K.A.T.: Anne Jahnke - 1, Jamyne Loy - 1, Kristen Hosek - 1, Steph Los-Trimble - 1  
Coed II: Kaikane Busquets - 1

### TUESDAY, OCT. 22 (PLAYOFF GAME)

#### SPARTANS COED II VS. SPARTANS COED I — 3 - 1

Coed I: Dayna Hepler -1

Coed II: Kaikane Busquets - 1, Jason Merrymon - 1, Shawna Wiltrot - 1

#### GO GREEN VS. K.A.T. — 2 - 1

Go Green: Lindsey Mattson - 1, Kaylee West - 1

K.A.T.: Angela Ryon - 1

## TEAM STANDINGS (WIN-LOSS-TIE)

### MEN'S LEAGUE

<b>FC Swollen</b>	<b>8-2-1</b>
<b>Locals</b>	<b>5-3-2</b>
<b>Juice</b>	<b>3-5-3</b>
<b>Spartans</b>	<b>2-8-0</b>

### WOMEN'S/COED LEAGUE

<b>Spartans I</b>	<b>6-0-2</b>
<b>Go Green</b>	<b>4-1-4</b>
<b>K.A.T.</b>	<b>3-3-3</b>
<b>Spartans Coed I</b>	<b>3-6-0</b>
<b>Spartans Coed II</b>	<b>1-7-1</b>

## Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Cloudy	40%	ENE-ESE at 7-11 knots
Monday	Partly Sunny	20%	NE-E at 7-12 knots
Tuesday	Partly Sunny	20%	ENE-E at 6-11 knots
Wednesday	Partly Sunny	30%	ENE-E at 7-12 knots
Thursday	Partly Sunny	20%	ENE-E at 9-14 knots
Friday	Mostly Sunny	10%	ENE at 9-14 knots

Yearly total: 46.76 inches

Yearly deviation: -24.71 inches

Call 54700 for updated forecasts or visit [www.rts-wx.com](http://www.rts-wx.com).

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
<b>Sunday</b>	6:37 a.m. 6:28 p.m.	12:16 a.m. 12:57 p.m.	9:22 a.m. 2.0' 9:52 p.m. 2.6'	3:15 a.m. 1.1' 2:52 p.m. 1.4'
<b>Monday</b>	6:37 a.m. 6:28 p.m.	1:03 a.m. 1:39 p.m.	11:54 a.m. 2.2' 11:54 p.m. 2.7'	5:19 a.m. 1.1' 5:31 p.m. 1.5'
<b>Tuesday</b>	6:38 a.m. 6:28 p.m.	1:50 a.m. 2:21 p.m.	1:05 a.m. 2.6' -----	6:41 a.m. 0.9' 6:58 p.m. 1.1'
<b>Wednesday</b>	6:38 a.m. 6:28 p.m.	2:37 a.m. 3:03 p.m.	1:04 a.m. 3.0' 1:46 p.m. 3.2'	7:28 a.m. 0.5' 7:48 p.m. 0.6'
<b>Thursday</b>	6:38 a.m. 6:27 p.m.	3:25 a.m. 3:46 p.m.	1:50 a.m. 3.4' 2:20 p.m. 3.7'	8:04 a.m. 0.1' 8:27 p.m. 0.2'
<b>Friday</b>	6:38 a.m. 6:27 p.m.	4:14 a.m. 4:31 p.m.	2:29 a.m. 3.7' 2:52 p.m. 4.2'	8:37 a.m. -0.2' 9:03 p.m. -0.3'
<b>Nov. 2</b>	6:38 a.m. 6:27 p.m.	5:06 a.m. 5:18 p.m.	3:05 a.m. 4.0' 3:25 p.m. 4.6'	9:09 a.m. -0.5' 9:40 p.m. -0.6'